

Boiled Corn

Boiled corn is a common staple. Corn is considered a high source of fiber, and boiling doesn't decrease this. Add a little butter and salt on a hot summer day to keep your electrolytes in balance. Buttered corn feels smooth and soft. When mixed with other vegetables, it may not be as smooth. To change the side dish flavor and texture, add other options, such as diced red or green peppers, or lima beans. Use caution with peppers. Peppers make some people very ill. As a casserole ingredient, leftover corn increases texture. Corn can be eaten to improve digestion.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

- 15 ounces of corn

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to a 2 quart pan:
 - 1 tablespoon of butter
 - 15 ounces of corn
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover corn
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.